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□□□ □□□□ **(The Four Elements)**

1. **□□□□ **(Akash):** □□□□□ □□□□ □□□□□□ □□ □□□□□□□□□□□□ □□□□ □□, □□ □□□□□, □□□□□□□□□□, □□ □□□□ □□□□□□□□□ □□ □□□□□□ □□□ □□□□ □□□□ □□□ □□□□□, □□□□□ □□□□□□□ □□ □□□□□ □□□□ □□ □□ □□□□ □□□□□□□□□ □□ □□□□□□ □□□ □□□ □□□□ □□□

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5. [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

6. [illegible]: [illegible] [illegible], [illegible] [illegible] [illegible]

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(Note: This is a direct translation, as the terms themselves are technical and specific. No additional context or content is added.)

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  (Sach mein, abhi sirf kaffī)

  Note: This is a direct and natural translation that maintains the original meaning and emotional register. No additional context or content has been added.
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*2. **[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]*

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**[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

1. **[illegible]**: [illegible] [illegible] [illegible]

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(Aapke paa stimuulantez ka istemaal karne ka itihas ho sakta hai.)

Explanation:

* "□□□□□ □□□" (aapke paa) - You have
* "□□□□□□□□□□□□□□" (stimulaantz) - stimulants (keep the term as is, it's a medical term)
* "□□ □□□□□□□□□ □□□□□ □□ □□□□□□□" (ka istemaal karne ka itihas) - history of use
* "□□ □□□□□ □□" (ho sakta hai) - may have
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□□□□□ □□□ □□□□□□□□ □□□□□ □□□ (Mujhe abhi saphaltata nahi hai.)

(Note: This translates the phrase directly while maintaining a natural, idiomatic Hindi expression that conveys uncertainty and hesitation.)

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[illegible]

[illegible], **MTHFR** [illegible]

[illegible]

(MTHFR [illegible])

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]
(Mujhe abhi tak jaanne ki avastha nahi hai.)

[illegible]

[illegible]

[illegible]

[illegible]

 # [illegible]: [illegible]

[illegible]

[illegible]

Example — Warrior, established recovery

"My name is Marcus."

GROUP: "Marcus. Good to have you here."

"I am a Warrior."

GROUP: "Channel it."

"My Thrills of Choice include BJJ three times a week, cold plunge, and making ridiculously good espresso."

GROUP: "That's the real thing."

"Right now I'm working on staying consistent with sleep — my training suffers when I don't, and I've been cutting it short."

GROUP: "We'll work on it with you."

Example — Worrier, newer to recovery

"My name is Sofia."

GROUP: "Sofia. Good to have you here."

"I am a Worrier."

GROUP: "We've got you."

"My Thrills of Choice — honestly right now it's just my morning walks and cooking dinner from scratch. I'm trying to add swimming."

GROUP: "That's the real thing."

"Right now I'm working on not isolating when things get hard. I keep going quiet and I know it makes it worse."

GROUP: "We'll work on it with you."

Example — MTHFR, first meeting

"My name is Dev."

GROUP: "Dev. Good to have you here."

"I am — I think MTHFR? I read the card and that one sounded most like me. I always feel like I'm running on half a tank."

GROUP: "We're rebuilding with you."

"My Thrills of Choice — I used to love hiking before everything fell apart. Right now it's coffee and my dog."

GROUP: "That's the real thing."

"Right now I'm working on just getting through the week without using. That's honestly all I have right now."

GROUP: "We'll work on it with you."

Example — Type unknown, first meeting, minimal words

"My name is Lee."
GROUP: "Lee. Good to have you here."
"I don't know my type yet."
GROUP: "You will. We'll figure it out together."
"My Thrills... I don't know. Music, maybe."
GROUP: "That's the real thing."
"Right now I'm working on just showing up."
GROUP: "We'll work on it with you."

[illegible]

[illegible]:

1. **[illegible] [illegible] (5 [illegible]):** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
2. **[illegible] [illegible] (3 [illegible]):** [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] (30-40 [illegible]):

1. **[illegible] [illegible] [illegible] (10 [illegible]):** [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] 2: [illegible] [illegible] [illegible]

*[illegible], [illegible] [illegible] [illegible]

	이 프롬프트를 더 효과적으로 만들기 위한 추가 제안 사항들: **3. **프롬프트 체이닝 활용하기:** 한 번에 모든 것을 요청하기보다는, 여러 개의 프롬프트를 순차적으로 사용하여 점진적으로 결과물을 발전시키는 방법입니다.	
# 단계 1: 기본 구조 잡기 프롬프트의 가장 핵심적인 뼈대를 만듭니다! 이 때 가장 중요한 것은 주제를 명확하게 하는 것입니다. 주제가 너무 넓으면 결과물이 산만해지고, 너무 좁으면 창의적인 결과물을 얻기 어렵습니다. 적절한 균형을 찾는 것이 중요합니다. 주제를 정했다면 이제 구체적인 내용을 추가할 차례입니다. 주제와 관련된 키워드, 원하는 분위기, 스타일 등을 자유롭게 나열해 보세요. 이 단계에서는 완벽한 문장을 만들 필요 없이, 떠오르는 모든 아이디어를 적어 내려가는 것이 중요합니다. 예를 들어 주제가 "미래 도시"라면 "네온 불빛", "하늘을 나는 자동차", "로봇 경찰", "사이버펑크 스타일" 등을 적어볼 수 있습니다. 마지막으로 결과물의 형식을 지정해 주세요. 예를 들어 "500자 내외의 단편 소설", "5개의 문단으로 구성된 에세이", "10개의 질문과 답변" 등과 같이 구체적으로 명시하는 것이 좋습니다. 자, 이제 기본 구조가 완성되었습니다!	키워드 + 분위기 + 결과물 형식 (예시-예시-예시) + 추가로 더 넣고 싶은 내용이 있다면 **1. 페르소나:** - 프롬프트 앞부분에 AI 모델이, 어떤 역할을 수행하는 것이 가장 적절한지 명시하는 것입니다. 예를 들어 AI 모델이 마케팅 전문가의 관점에서 답변하기를 원한다면 "당신은 10년 경력의 마케팅 전문가입니다."와 같이 입력하는 것입니다. **2. 맥락:** - 맥락은 배경지식, 상황에 대한 더 자세한 설명, 혹은 AI 모델이 답변을 생성하는 데 필요한 정보를 제공하는 것입니다. **3. 제약조건 설정 (예시-예시-예시제약조건):** - "답변은 반드시 한국어로 작성해 주세요." (언어) - "답변은, 반드시 객관적인 사실에 기반하여 작성해 주세요." (사실성) **4. 출력물의 형식 지정하기 (출력물이 어떤 형태로, 어떤 구조였으면):** - "답변은 표 형태로 정리해 주세요. 표의 첫 번째 열에는 항목을, 두 번째 열에는 설명을 넣어주세요."	# 프롬프트 엔지니어링: 더 나은 프롬프트 작성하기 가이드 ## 소개말 프롬프트 엔지니어링 이 무엇인지에 대해 간단히 소개하고, 왜 이 가이드가 필요한지 설명합니다. 프롬프트 작성 시 흔히 겪는 문제점들을 언급하며 독자의 관심을 유도합니다. 예를 들어, 원하는 결과물을 얻지 못했던 경험이나 AI 모델의 답변이 기대에 미치지 못했던 경험 등을 공감하며 시작합니다. 이 가이드를 통해 독자가 얻을 수 있는 구체적인 이점들을 간략하게 제시하여 독자의 흥미를 유발합니다. ## 좋은 프롬프트 작성하기? 1. **명확하고 구체적:** 모호하거나 일반적인 표현은 피하고 명확하고 구체적인 지시를 내려야 합니다. (예: 좋은 글을 써줘 -> 500자 내외의 블로그 게시글 형식으로 초보자를 위한 프롬프트 엔지니어링 개념에 대해 설명해줘) 2. **맥락 제공하기 중요성:** 왜 맥락이 중요한지 설명하고 맥락을 제공하는 방법을 구체적으로 제시합니다.

[illegible] 2. **[illegible]** [illegible]:** [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible] [illegible] [illegible] 3. **[illegible]:** [illegible]		
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